

# DFY MEAL PLAN

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## **INCLUDES:**

Meal plan

Grocery list (by recipe each week and complete)

Meal prep suggestions

## **NOTES:**

# RECIPES

## WEEK ONE

1. [Black Bean Burgers](#)
2. [Sweet Potato Taquitos](#)
3. [Creamy Tomato and Spinach Pasta](#)
4. [Black Bean and Spinach Enchiladas](#)
5. [Tater Tots Queso](#)

## WEEK TWO

1. [Broccoli and Cheddar Twice Baked Potatoes](#)
2. [Veggie Nuggets](#)
3. [Zucchini Rice](#)
4. [Kid-Friendly Fried Rice](#)
5. [Butternut Squash Pasta](#)

## WEEK THREE

1. [Shakshuka Skillet](#)
2. [Veggie Pita Pizzas](#)
3. [Roasted Cauliflower Frittata](#)
4. [Smoky Chickpea Tacos](#)
5. [Corn and Brown Rice Stuffed Poblano Peppers](#)

## WEEK FOUR

1. [Apple Cheddar Grilled Cheese](#)
2. [Sweet Potato Mac & Cheese](#)
3. [Enchilada Skillet with Eggs](#)
4. [Peanut Butter Hummus Snacky Dinner](#)
5. [Cheesy Lasagna](#)

# WEEK ONE GROCERIES( by recipe)

## Black Bean Burgers

- 1 jalapeño
- 1/2 green bell pepper
- 1/2 small white onion
- 1 (15 ounce) can of black beans
- 2 eggs
- 1 tablespoon minced garlic
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2/3 cup plain breadcrumbs
- 1 tablespoon olive or avocado oil

## Sweet Potato Taquitos

- 3 cup cooked sweet potato (1 15 ounce can or 2 large sweet potatoes)
- cooking spray
- 1/2 medium red onion
- 1/2 cup chopped cilantro (about half a bunch)
- 15 ounce canned black beans
- 1 tablespoon lime juice
- 1 teaspoon cumin, ground
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 8 medium sized whole wheat tortilla

## Creamy Tomato and Spinach Pasta

- 1/2 lb penne pasta
- 1 small onion
- 2 cloves garlic
- 1 Tbsp olive oil
- 15 oz can diced tomatoes
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- pinch red pepper flakes (optional)
- 1/2 tsp salt
- 2 Tbsp tomato paste
- 2 oz cream cheese
- 1/4 cup grated Parmesan
- 1/2 9 oz. bag fresh spinach

## Black Bean and Spinach Enchiladas

- 1 tablespoon cooking oil (I like to use avocado oil)
- 1 small clamshell container baby spinach
- 12 small corn tortillas
- 16 ounce jar tomatillo salsa
- 14 ounce can black beans
- 1½ teaspoons Mexican chili powder
- 4 ounce package goat cheese
- 1½ cups shredded old cheddar cheese

# Tater Tot Queso

- ❑ 1/2 onion, diced
- ❑ 1/2 bell pepper, diced
- ❑ 1 packet chili seasoning
- ❑ 8 ounces tomato sauce
- ❑ 1 cup grated cheddar
- ❑ 28 ounce bag frozen tater tots
- ❑ 2 tablespoons cilantro
- ❑ 14 ounce can diced tomatoes
- ❑ 2 tablespoons sour cream

# Week Two Groceries (by recipe)

## Broccoli and Cheddar Twice Baked Potatoes

- 4 medium russet potatoes, washed well and dried
- 1 teaspoon olive oil
- 3 and 1/2 tablespoons salted butter, very soft
- 1/2 cup non-fat Greek yogurt
- 1/4 cup buttermilk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3/4 teaspoon chives
- 3/4 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried onion flakes
- 1/2 teaspoon dried dill weed
- 1/2 teaspoon paprika
- 1 head broccoli
- 2 cups cheddar cheese, shredded, divided

## Veggie Nuggets

- 6-8 medium sized russet potatoes
- 1 onion, finely diced
- 1 clove of garlic, finely diced
- 2 large carrots, grated
- broccoli, diced and steamed.
- spinach finely chopped and steamed.
- 1 egg
- 2 cups breadcrumbs
- 2 tbs herbs

- salt and pepper
- olive oil

## Zucchini Rice

- 1 1/2 cups uncooked rice
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can whole kernel corn, drained
- 2 zucchini, shredded
- 2 tablespoons unsalted butter
- Juice of 1 lime
- 1/4 cup chopped fresh cilantro leaves

## Kid-Friendly Fried Rice

- 2 Tablespoons oil
- 2 cups cooked brown rice
- ½ teaspoon fresh minced ginger
- 1 garlic clove minced
- ¼ cup diced onion
- 1½ cup frozen peas and carrots
- 2 eggs, beaten
- soy sauce

## Butternut Squash Pasta

- ❑ 2 cups cubed butternut squash  
(1/4" or 1/2" cubes)
- ❑ 1/3 cup diced red onion
- ❑ 2 teaspoons fresh minced  
rosemary
- ❑ 2 teaspoons olive oil

- ❑ 4 ounces whole wheat pasta
- ❑ 3 tablespoons walnut pieces
- ❑ 2 tablespoons unsalted butter
- ❑ 1/3 cup shredded parmesan  
cheese

# Week Three Groceries (by Recipe)

## Shakshuka Skillet

- 4 cloves garlic
- 1 small onion
- 2 tbsp. tomato paste
- 1 1/4 tsp. cumin
- 1 1/4 tsp. smoked paprika
- 1 1/2 tsp. turmeric
- 4 1/2 cups crushed tomatoes
- 2 1/2 tsp. apple cider vinegar
- 3 cups cooked chickpeas
- 12 eggs, whole
- 1/4 lb. feta cheese, crumbled
- 1/2 cup basil, chopped

## Veggie Pita Pizzas

- 4 small garlic cloves
- 1/2 small red onion
- 8 ounces canned artichoke hearts (or vegetable toppings of your choice)
- 4 pita rounds
- 1 cup tomato sauce or crushed San Marzano tomatoes
- 2 cups shredded cheese (mozzarella, Italian blend, or Monterey jack)
- Fresh herbs (examples: fresh basil and oregano)
- Kosher salt

## Roasted Cauliflower Frittata

- 2 cloves garlic
- 2 oz grated Manchego cheese
- 2 oz grated Parmesan cheese
- 3 tbsp cream
- 2 tbsp fresh minced parsley
- 2 tbsp fresh minced chives
- 3/4 tsp salt
- 1/4 tsp ground pepper
- 2 tsp smoked paprika
- pinch of cayenne pepper
- 2 tbsp olive oil, divided

## Smoky Chickpea Tacos

- Olive oil
- 2 15 oz cans of chickpeas., rinsed and drained
- 2 tablespoons chopped red onion
- 1½ teaspoons smoked paprika
- ½ teaspoon cumin
- pinch of cayenne pepper (or more depending on how spicy you'd like it.)
- 4 cups shredded cabbage
- juice of 1 lime
- 2 tablespoons mayonnaise
- salt and pepper to taste
- 2 tablespoons chopped cilantro (if you like it.)
- Tortillas

(optional)

- Cotija Cheese
- Avocado
- Lime Wedges
- Hot Sauce

## Corn and Brown Rice Stuffed Poblano

### Peppers

- 3 poblano chile peppers
- 2 bell peppers
- 2 ears shucked corn (about 1 cup corn kernels)
- 2 cups chopped seeded tomato
- 1 cup hot cooked brown rice
- ¼ cup chopped fresh cilantro, divided
- 2 tablespoons pine nuts, toasted
- 2 tablespoons cream cheese
- 2 teaspoons fresh lime juice
- ¼ teaspoon kosher salt
- 3 ounces Monterey Jack cheese, shredded
- 2 ounces queso fresco, crumbled

# Week Four Groceries (by recipe)

## Apple Cheddar Grilled Cheese

- butter, at room temperature
- 2 slices of bread of choice (I used at thick white shokupan)
- 1/2 cup shredded cheddar
- whole grain mustard, to taste
- 1/2 an apple, sliced thin

## Sweet Potato Mac & Cheese

- 2 medium sweet potatoes (1 pound)
- 3 cups whole wheat pasta (8 ounces)
- 2 tablespoons unsalted butter
- 2 tablespoons unbleached all-purpose flour
- 1 clove garlic (minced)
- 2 1/2 cups whole milk
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 3/4 cup shredded mozzarella cheese
- 3/4 cup shredded asiago cheese
- 1/2 cup grated vegetarian parmesan cheese
- 2 handfuls spinach

## Enchilada Skillet with Eggs

- 1/2 red onion
- 1 clove garlic
- 1 can (28 oz) Whole Tomatoes
- 1/2 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon oregano
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon salt
- 2 tablespoons fresh cilantro
- 1 tablespoon olive oil
- 2 ounces poblano peppers
- 4 large eggs
- Cilantro (for topping)
- Cotija (for topping)
- Avocado (for topping)
- Creamy polenta (for serving)

## Peanut Butter Hummus Snacky Dinner

- 1 can chickpeas (15-19 oz)
- 1/3 cup water (warm)
- 4 tablespoons peanut butter
- 2 tablespoons [olive oil](#)
- 3 tablespoons lemon juice (or lime juice)
- 1 clove garlic (crushed)
- 1/4 teaspoon salt

# GROCERIES (Week One, Complete)

## Breads and Cereals

- Plain breadcrumbs ( $\frac{3}{8}$  cup)
- Corn tortillas (12)
- Whole wheat tortillas (8 medium)

## Canned and Jar Goods

- 16 ounce jar tomatillo salsa
- 12 ounce can whole tomatoes
- Tomato paste (2 tablespoons)
- 8 ounces tomato sauce

## Dairy:

- 20 ounces shredded cheddar
- 2 ounces cream cheese
- 2 eggs
- 4 ounces goat cheese log
- $\frac{1}{4}$  cup grated parmesan
- 1 cup sour cream

## Frozen Food:

- 28 ounce bag frozen tater tots

## Meat (optional)

- 1 pound ground beef

## Miscellaneous

- Burger toppings: buns, cheese, lettuce, etc

## Oils and Dressings

- Cooking oil (example: vegetable, avocado, canola oil)
- Cooking spray (any type)
- Olive oil

## Pasta, Rice and Beans

- 2x 15 ounce cans black beans
- $\frac{1}{2}$  pound (8 ounces) penne pasta

## Produce

- 1 avocado
- 1 bell pepper

- Cilantro (1 small package)
- 1 bag fresh spinach
- 1 small head garlic
- 1 jalapeno
- 1 lime
- 2 yellow onion
- 2 large sweet potatoes

## Spices and Seasonings

- Dried basil (1 teaspoon)
- Chili powder (1 teaspoon)
- 1 packet chili seasoning
- Cumin (1  $\frac{1}{4}$  teaspoon)
- Garlic powder ( $\frac{1}{2}$  teaspoon)
- Mexican chili powder (1  $\frac{1}{2}$  teaspoons)
- Freshly cracked black pepper (to taste)

# GROCERIES (Week Two, Complete)

## Breads and Cereals, Dry

### Goods

- 2 cups breadcrumbs
- 1 15 ounce can black beans
- 1 15 ounce can corn kernels
- 1 small bag raw walnuts

## Dairy

- ¼ cup buttermilk
- 16 ounce shredded cheddar cheese
- 3 eggs
- ½ cup Greek yogurt
- ½ cup shredded parmesan cheese
- 2 stick butter

## Frozen Foods:

- 1 ½ cup frozen peas and carrots

## Oils and Dressings:

- Avocado oil
- Olive oil

## Pasta, Rice and Beans

- 1 ½ cups white rice
- 2 cups brown rice
- 4 ounces whole wheat pasta, any shape

## Produce:

- 2 head broccoli
- 2 small butternut squash OR 1 pound diced butternut squash
- 2 large carrots
- 1 small package fresh chives
- 1 small package cilantro
- 1 small head garlic
- 1 small thumb fresh ginger
- 1 lime
- 1 5 lb bag russet potatoes

- 1 yellow onion
- 1 red onion
- 1 small package fresh rosemary
- 1 small handful spinach
- 2 zucchini
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## Sauces and Condiments

- Soy sauce, to taste

## Spices and Seasonings

- Black pepper, to taste
- Dried dill weed (½ teaspoon)
- Garlic powder (¾ teaspoon)
- Dried onion flakes (½ teaspoon)
- Onion powder (½ teaspoon)
- Paprika (½ teaspoon)
- Salt, to taste

# GROCERIES (Week Three, Complete)

## Breads and Cereals

- 4 pita rounds
- Tortillas, corn or flour (for tacos)

## Canned and Jar Goods

- 8 ounces canned artichoke hearts
- 3x 15 ounce cans chickpeas
- Mayonnaise (3 tablespoons)
- Pine nuts (2 tablespoons)
- Tomato paste (2 tablespoons)
- 8 ounces tomato sauce or crushed tomatoes

## Dairy

- 20 ounces shredded cheese (any or a blend)
- Cotija cheese or queso fresco (optional: for crumbling on

tacos and stuffed poblanos)

- Heavy cream (3 tablespoons)
- Cream cheese (2 tablespoons)
- 18 eggs
- Feta cheese ( $\frac{1}{4}$  pound)
- Grated Parmesan cheese (2 ounces)

## Oils and Dressings

- Apple cider vinegar (2  $\frac{1}{2}$  tablespoons)
- Olive oil
- Hot sauce

## Pasta, Rice and Beans

- 1 cup brown rice

## Produce

- 1 avocado
- 1 small package basil
- 2 bell peppers

- 4 cups shredded cabbage (or 2 heads)
- 1 small head cauliflower
- 1 small package chives
- 1 small package cilantro
- 1 head garlic
- 2 ears corn
- 1 lime
- 1 yellow onion
- 1 red onion
- 1 small package fresh parsley
- 3 poblano chiles
- 2 pounds fresh vine tomatoes

## Spices and Seasonings

- Cayenne (pinch)
- Dried cumin (1  $\frac{3}{4}$  teaspoon)
- Ground pepper, to taste
- Smoked paprika (1  $\frac{1}{4}$  teaspoon)
- Turmeric (1  $\frac{1}{2}$  teaspoon)

# GROCERIES (Week Four, Complete)

## Baking Goods

- 2 tablespoons all-purpose unbleached flour

## Breads and Cereals

- 2 slices whole wheat bread

## Canned and Jar Goods

- 1 15 ounce can chickpeas
- 1 28 ounce can whole roasted tomatoes
- Peanut butter (4 tablespoons)

## Dairy

- $\frac{3}{4}$  cup shredded asiago cheese
- Butter
- 8 ounces shredded cheddar
- Cotija cheese (optional, for toppings)
- 4 large eggs
- 1 pound fresh mozzarella
- 2  $\frac{1}{2}$  cups whole milk
- 8 ounces shredded mozzarella cheese
- 10 ounces parmesan cheese (or 5 ounces regular, 5 ounces vegetarian parmesan- optional)
- 16 ounces whole milk ricotta cheese

## Oils and Dressings

- Whole grain mustard (to taste)
- Olive oil

## Pasta, Rice and Beans

- 16 ounces Lasagna Noodles
- Creamy polenta (optional, for serving on the side)
- Whole wheat pasta (24 ounces)

## **Produce**

- 1 apple, your choice
- 1 avocado
- 1 small package fresh cilantro
- 1 lime
- 1 small red onion
- 2 poblano peppers
- 2 medium sweet potatoes
- 2 big handfuls fresh spinach

## **Spices and Seasonings**

- Black pepper
- Chili powder ( $\frac{1}{2}$  teaspoon)
- Coriander ( $\frac{1}{2}$  teaspoon)
- Cumin (1 teaspoon)
- Nutmeg ( $\frac{1}{8}$  teaspoon)
- Dried oregano ( $\frac{1}{2}$  teaspoon)
- Smoked paprika ( $\frac{1}{2}$  teaspoon)

# MEAL PREP SUGGESTIONS (week by week)

Try to batch out what you can at the start of the week. Most of this prep should take less than 60 minutes and can store over the course of the week

## WEEK ONE

- Black Bean Burgers

## WEEK TWO

- Bake potatoes
- Mix veggie nugget mix
- Roast butternut squash

## WEEK THREE

- Make Shakshuka Sauce
- Roast Cauliflower
- Make brown rice and freeze

## WEEK FOUR

- Roast Sweet Potatoes
- Make PB Hummus
- Assemble lasagna

# WEEK ONE RECIPES

## Freezer Friendly Black Bean Burgers

**Prep: 5 minutes**

**Cook: 15 minutes**

**Serves: 4**

### Ingredients:

1 jalapeño, stem and seeds removed,  
cut into large chunks

1/2 green bell pepper, stem and  
seeds removed, cut into large chunks

1/2 small white onion, cut into  
large chunks

1 (15 ounce) can of black beans,  
rinsed and drained

2 eggs

1 tablespoon minced garlic

1 teaspoon chili powder

1/2 teaspoon salt

1/4 teaspoon ground black pepper

2/3 cup plain breadcrumbs

1 tablespoon olive or avocado oil

make it a burger: buns, greens,  
avocado, pesto goat cheese pictured  
- any toppings work great!

### Method:

1. Place rinsed beans on a plate lined with a paper towel to help remove excess moisture. Place another paper towel over the beans and pat dry.
2. Add the large vegetable chunks to a food processor and pulse until finely diced. Remove the lid and scrape down the sides if necessary.
3. Next, add black beans, eggs, garlic, chili powder, salt and pepper to the food processor bowl. Process on high until blended with fine chunks remaining - it should resemble something along the lines of a thick black bean soup.

4. Transfer the black bean mixture to a bowl. Add the breadcrumbs and stir until well mixed. Refrigerate for 20 minutes to help the mixture firm up.
5. Form six burger patties from the mixture and set them on a flat tray. Heat oil in a large skillet over medium heat. Place burgers into the pan and cook for 6-7 minutes or until browned, then flip and cook for another 6 minutes until browned. Serve on a bun with all your favorite toppings!

## Sweet Potato Taquitos

**Prep: 15 minutes**

**Cook: 20 minutes**

**Serves: 4**

### Ingredients:

3 cup - sweet potato

1 - cooking spray

1/2 medium - onion, red

1/2 cup - cilantro

15 ounce - black beans, canned

1 tablespoon - lime juice

1 teaspoon - cumin, ground

1/2 teaspoon - garlic powder

1/2 teaspoon - salt

8 medium - tortilla, whole wheat

### DIP

1 medium - avocado

1/4 cup - sour cream

1/2 teaspoon - lime juice

1/4 teaspoon - cumin, ground

1/8 teaspoon - salt

### Method:

1. Cook and peel sweet potatoes using your preferred method.
2. Preheat oven to 425\* F. Spray a large baking sheet with cooking spray.
3. Finely dice half an onion and roughly chop 1/2 cup of cilantro leaves. Rinse and drain a can of black beans.

4. Combine sweet potato, beans, cilantro, onion, and spices in a bowl. Mash together well.
5. Fill 6-inch tortillas with about 1/3 cup of sweet potato filling. Roll and place seam-side down on baking sheet.
6. Meanwhile, mash together the dipping sauce: avocado, sour cream or Greek yogurt, lime, cumin, and salt.
7. Bake for 20 minutes, flipping halfway through. Serve warm.

## Creamy Tomato and Spinach Pasta

**Prep: 5 minutes**

**Cook: 20 minutes**

**Serves: 4**

### Ingredients:

1/2 lb penne pasta	pinch red pepper flakes (optional)
1 small onion	1/2 tsp salt
2 cloves garlic	freshly cracked pepper to taste
1 Tbsp olive oil	2 Tbsp tomato paste
15 oz can diced tomatoes	2 oz cream cheese
1/2 tsp dried oregano	1/4 cup grated Parmesan
1/2 tsp dried basil	1/2 9 oz. bag fresh spinach

### Method:

1. Bring a large pot of water to a boil over high heat. Add the pasta and cook until tender (7-10) minutes. Drain the pasta in a colander.
2. While waiting for the pasta to cook, dice the onion and mince the garlic. Cook both in a large skillet with the olive oil over medium-low heat until softened and transparent (about 5 minutes).

3. Add the diced tomatoes (with juices), oregano, basil, red pepper flakes, salt, and some freshly cracked pepper to the skillet with the onions and garlic. Stir to combine. Add the tomato paste and a 1/2 cup of water to the skillet and stir until the tomato paste is dissolved into the sauce.
4. Turn the heat down to low. Cut the cream cheese into a few pieces and then add them to the skillet with the tomato sauce. Use a whisk to stir the sauce until the cream cheese has fully melted in and the sauce is creamy. Add half of the Parmesan to the skillet and whisk until it is melted in. Add the remainder of the parmesan and whisk until melted in again.
5. Add the fresh spinach and gently stir it into the sauce until it has wilted (3-5 minutes). Add the pasta and stir until it is well coated in the creamy tomato sauce. Taste and adjust the salt and pepper as needed. Serve warm.

## Make-Ahead Black Bean & Spinach Enchilada Casserole

**Prep: 15 minutes**

**Cook: 35 minutes**

**Serves: 4**

### Ingredients:

1 tablespoon cooking oil (I like to use avocado oil)

1 small clamshell container baby spinach (about 5 ounces / 142 grams)

12 small corn tortillas

1 450 mL / 16 ounce jar tomatillo salsa

1 398 mL / 14 ounce can black beans, drained and rinsed

1½ teaspoons Mexican chili powder

1 113 gram / 4 ounce package goat cheese

1½ cups shredded old cheddar cheese

### Method:

1. Heat the cooking oil in a large skillet set over medium heat. Add the spinach and cook until it is wilted, then set it aside.

2. Spread one third of the salsa into a 9 x 13 inch casserole dish, and then lay down 6 corn tortillas. Top with another third of the salsa, spreading it evenly over the tortillas.
3. Layer on the cooked spinach, followed by the black beans, and then sprinkle the chili powder evenly over top.
4. Crumble the goat cheese on top of the beans, then top with the remaining tortillas, the last third of the salsa and the shredded cheese.
5. If you are making the casserole in advance, stop at this point, cover tightly with foil and pop it into the fridge.
6. When you are ready to bake, heat the oven to 400 degrees and bake the casserole (covered with foil) for about 20 minutes. Remove the foil and bake for another 15 minutes or until the casserole is hot throughout and the cheese is bubbly and browning. If you like a very browned and bubbly top, you might need to turn the oven to broil for the last few minutes of cooking.

## Chili Cheese Tater Tot Casserole

(make this with or without meat!)

**Prep: 10 minutes**

**Cook: 45 minutes**

**Serves: 6**

### Ingredients:

1 pound ground beef	14 ounce can diced tomatoes
1/2 onion, diced	2 tablespoons sour cream
1/2 bell pepper, diced	1 cup grated cheddar
1 packet chili seasoning	28 ounce bag frozen tater tots
8 ounces tomato sauce	2 tablespoons cilantro

### Method:

1. Brown the beef, onions, and pepper in a large, deep skillet over medium heat, breaking it up as it cooks. When the meat is cooked through, drain and return to pan.
2. Stir in the seasoning packet, tomato sauce, and the can of diced tomatoes (do not drain). Cook over medium heat for 10 minutes, stirring occasionally. While chili is cooking, preheat oven to 425 degrees.
3. Stir in the sour cream and remove from the heat.
4. Pour chili into a 13x9 baking dish and top with the cheddar cheese.
5. Place tater tots in an even layer over the chili and sprinkle with chopped cilantro.
6. Bake for 25 minutes or until tots are as crisp as you'd like. Remove from oven and serve immediately.

## WEEK TWO

# Broccoli and Cheddar Twice-Baked Potatoes

**Prep:** 15 mins

**Cook:** 1 hour

**Serves:** 4

## Ingredients:

4 medium russet potatoes, washed well and dried

1 teaspoon olive oil

3 and 1/2 tablespoons salted butter, very soft

1/2 cup non-fat Greek yogurt

1/4 cup buttermilk

1/2 teaspoon salt

1/2 teaspoon pepper

3/4 teaspoon chives

3/4 teaspoon garlic powder

1/2 teaspoon onion powder

1/2 teaspoon dried onion flakes

1/2 teaspoon dried dill weed

1/2 teaspoon paprika

1 and 1/2 cups cooked broccoli, chopped, divided

2 cups cheddar cheese, shredded, divided

## Method:

1. Preheat oven to 400 degrees (F). Line a small baking sheet with parchment paper; set aside.
2. Place potatoes in a small baking dish and bake for 1 hour, or until soft. Remove from oven and set aside to cool. Once the potatoes are cool enough to safely handle, slice each one in half, lengthwise. Scoop out the potato pulp and place it into a large bowl, being careful to leave the skins intact. Rub the outsides of the potato skins with a little olive oil. Place the skins on the prepared baking sheet and set aside.

3. Add the butter to the potato pulp and mash - using an electric mixer or a potato masher - until fairly smooth; add Greek yogurt, buttermilk, salt, pepper, chives, garlic powder, onion powder, dried onion flakes, dill weed, paprika, broccoli and 3/4 cup of the cheese. Divide the filling evenly among the potato shells then top with remaining cheese. Bake for 20-25 minutes or until the cheese is melted and the potatoes are heated through. Serve at once!

## Veggie Nuggets

**Prep: 30 minutes**

**Cook: 10 minutes**

**Serves: 4**

### Ingredients:

- 6-8 medium sized mashing potatoes
- 1 onion, finely diced
- 1 clove of garlic, finely diced
- 2 large carrots, grated
- broccoli, diced and steamed.
- spinach finely chopped and steamed.
- 1 egg
- 2 cups breadcrumbs
- 2 tbs herbs
- salt and pepper
- olive oil

### Method:

1. The exact amounts in this recipe will vary according to how many nuggets you want to make, and feel free to substitute other veggies to add to the potato base.
2. Boil and mash the potatoes and allow to cool.
3. Steam or microwave the broccoli until it is quite soft but not falling apart.
4. Steam or microwave the spinach until soft (I put it in with the broccoli!)
5. While potatoes are cooling add a little olive oil to a medium sized pan and cook the onion and garlic until they are soft and translucent.

6. Add the grated carrot and cook on a medium heat until the carrot is nice and soft.
7. Add the broccoli and spinach to the carrot mixture and cook until everything is nicely softened, mash the broccoli slightly as you cook it.
8. Add the veggie mixture to the mashed potatoes along with a tablespoon of fresh or dried herbs (whatever you have on hand), salt and pepper to taste, and an egg. Mix well.
9. If your mixture is too dry add another egg, if it is too wet add some breadcrumbs until it is of a consistency that you can roll into balls and squish into nuggets.
10. Combine the other tablespoon of herbs with the breadcrumbs in a shallow dish. Form nuggets from your veggie mixture and coat them with breadcrumbs .
11. Once you have made all your nuggets, heat a little more olive oil in a fry pan and fry the patties until they are warmed through and brown on both sides.
12. Serve with your favourite dipping sauce.

## Zucchini Rice

**Prep: 10 minutes**

**Cook: 20 minutes**

**Serves: 6**

### Ingredients:

1 1/2 cups uncooked rice	2 tablespoons unsalted butter
1 (15-ounce) can black beans, drained and rinsed	Juice of 1 lime
1 (15-ounce) can whole kernel corn, drained	1/4 cup chopped fresh cilantro leaves
2 zucchini, shredded	Kosher salt and freshly ground black pepper, to taste

## Method:

1. In a large saucepan of 3 cups water, cook rice according to package instructions; set aside.
2. Remove from heat and stir in black beans, corn, zucchini, butter, lime juice and cilantro. Cover and let stand 5 minutes.
3. Fluff rice with a fork; season with salt and pepper, to taste.
4. Serve immediately.

## Kid-Friendly Fried Rice

Prep: 10 minutes

Cook: 10 minutes

Serves: 4

### Ingredients:

2 Tablespoons oil (I used avocado oil since it's neutral tasting)

2 cups cooked brown rice (leftover is great)

½ teaspoon fresh minced ginger

1 garlic clove minced

¼ cup diced onion

1½ cup frozen peas and carrots

2 eggs, beaten

soy sauce to taste (1-3 Tablespoons to taste, use gluten free soy sauce if on gluten free diet)

### Method:

1. In a large non stick skillet, heat oil. Add minced garlic, ginger and onions. Cook for 1-2 minute, add frozen peas and carrots, cook 2 minutes. Move to one side of the skillet, add eggs and scramble on other side of the skillet. Add rice and cook for another 2 minutes or thoroughly heated. Add soy sauce and stir. Serve warm.

## Butter Butternut Squash Pasta

Prep: 15 minutes

Cook: 35 minutes

Yield: 4 servings

## Ingredients:

4 cups cubed butternut squash (1/4" or 1/2" cubes)	3 tablespoons walnut pieces
1/2 red onion, diced	2 tablespoons unsalted butter
2 teaspoons fresh minced rosemary	1/3 cup shredded parmesan cheese (see note)
2 teaspoons olive oil	salt, to taste
8 ounces whole wheat pasta	black pepper, to taste

## Method:

1. Heat oven to 425°F. Combine the squash, onion, and rosemary in a roasting pan. Toss and coat with the olive oil. Roast until the squash is tender and starting to brown, 25 to 35 minutes. Stir halfway through cooking.
2. Cook pasta according to package, drain, and set aside. Heat a pot or skillet, large enough to hold pasta and squash, over medium heat. Add the walnuts to the try skillet and lightly toast, 2 minutes or so. Add in the butter to melt.
3. Once butter is melted, stir in the pasta, squash, and parmesan cheese. Toss until everything is well combined. Taste and add salt/pepper as desired. Divide into two bowls and top with a extra sprinkle of cheese.

# WEEK THREE RECIPES

## Shakshuka Baked Eggs

Prep: 10 minutes

Cook: 30 minutes

Serves: 4

### Ingredients:

4 cloves garlic, minced	4 1/2 cups crushed tomatoes
1 small onion, finely chopped	2 1/2 tsp. apple cider vinegar
2 tbsp. tomato paste	3 cups chickpeas, cooked
1 1/4 tsp. cumin	12 eggs, whole
1 1/4 tsp. smoked paprika	1/4 lb. feta cheese, crumbled
1 1/2 tsp. turmeric	1/2 cup basil, chopped

### Method:

1. Preheat the oven to 350.
2. In a large oven proof skillet over medium heat, add olive oil.
3. Add the garlic, onion, tomato paste and spices and sauté for two minutes. Reduce heat to medium low.
4. Stir in the crushed tomatoes, apple cider vinegar and chickpeas. Simmer for 3-4 minutes, until the sauce slightly thickens.
5. Remove skillet from heat.
6. With the back of a spoon, make an indentation for each egg in the sauce.
7. Crack an egg into each indentation, then drag the spoon gently through the egg whites so it swirls through the tomato sauce, but keeping the yolks intact.
8. Bake for 15-17 minutes.
9. Top the shakshuka with the feta and basil. Season with salt and pepper to taste.

# Quick Veggie Pita Pizzas

Prep: 5 minutes

Cook: 10 minutes

Serves: 4

## Ingredients:

4 small garlic cloves

1/2 small red onion

8 ounces canned artichoke hearts (or vegetable toppings of your choice)

4 pita rounds (homemade, or purchased)

1 cup tomato sauce or crushed San Marzano tomatoes

2 cups shredded cheese (mozzarella, Italian blend, or Monterrey jack)

Fresh herbs (we used fresh basil and oregano)

Kosher salt

## Method:

1. Place a pizza stone in the oven and preheat to 450°F.
2. Mince 4 garlic cloves. Chop the vegetables into small pieces. (Note that most vegetables you can use raw; some vegetables are better when first sauteed briefly in a bit of olive oil, such as spinach, kale, zucchini, and mushrooms.) Thinly slice or chop the herbs; if using basil, set aside.
3. On each pita, thinly spread 1/4 cup tomato sauce or crushed tomatoes. Sprinkle with garlic and 1/2 cup shredded cheese. Top with chopped vegetables, and sprinkle with some kosher salt.
4. Slide the pizzas onto the pizza stone and bake until the cheese is melted and lightly browned, about 7 to 10 minutes. Top with fresh basil, cut into pieces, and serve immediately.

# Roasted Cauliflower Frittata

Prep: 30 minutes (this includes roasting cauliflower)

Cook: 35 minutes

Serves: 4

## Ingredients:

1 small head cauliflower, chopped into small florets	2 tbsp fresh minced chives
6 large eggs	3/4 tsp salt
2 cloves garlic, minced	1/4 tsp ground pepper
2 oz grated Manchego cheese	2 tsp smoked paprika
2 oz grated Parmesan cheese	pinch of cayenne pepper
3 tbsp cream	2 tbsp olive oil, divided
2 tbsp fresh minced parsley	

## Method:

1. Preheat oven to 400 degrees. Place a piece of tin foil or a Silpat on a large sheet tray and scatter cauliflower on top. Drizzle with olive oil and roast for about 20 minutes - until slightly charred. Remove from oven and set aside.
2. Reduce oven temperature to 375 degrees. Drizzle in the remaining tablespoon of olive oil into a 9" cast iron skillet and place skillet in the oven to heat up.
3. Crack the eggs into a large bowl. Whisk in the cream, fresh minced herbs, spices, garlic and cheese. Add the roast cauliflower and stir well until everything is combined.
4. Remove hot skillet from the oven and carefully pour the egg mixture in. Place in oven and bake for 25-30 minutes, until top is golden and puffy.
5. Let frittata rest in the skillet for 5 minutes before slicing. Serve warm or cold with a salad on the side!

# Smoky Chickpea Tacos

Prep: 5 minutes

Cook: 15 minutes

Serves: 4

## Ingredients:

### For the chickpea filling:

Olive oil

2 15 oz cans of chickpeas., rinsed and drained

2 tablespoons chopped red onion

1½ teaspoons smoked paprika

½ teaspoon cumin

pinch of cayenne pepper (or more depending on how spicy you'd like it.)

### For the slaw:

4 cups shredded cabbage

juice of 1 lime

2 tablespoons mayonnaise

salt and pepper to taste

2 tablespoons chopped cilantro (if you like it.)

Tortillas

### Additional toppings:

Cotija Cheese

Avocado

Lime Wedges

Hot Sauce

## Method:

1. In a large skillet heat the olive oil on medium high heat. Add the red onion and cook until soft. Add the chickpeas and spices. Stir frequently for about 10 minutes or until onions are golden and crispy and the chickpeas are soft. (the skin will come off and crisp up a bit too.)
2. Toss together the slaw ingredients and warm the tortillas.
3. Assemble tacos and enjoy!

# Summer Corn, Monterey Jack, and Brown Rice Stuffed Poblano Peppers

Prep: 20 minutes

Cook: 20 minutes

Serves: 5

## Ingredients:

3 poblano chile peppers, seeded and halved lengthwise

2 bell peppers, seeded and halved lengthwise

2 ears shucked corn

2 cups chopped seeded tomato, divided

1 cup hot cooked brown rice

¼ cup chopped fresh cilantro, divided

2 tablespoons pine nuts, toasted

2 tablespoons cream cheese

2 teaspoons fresh lime juice

¼ teaspoon kosher salt

3 ounces Monterey Jack cheese, shredded

2 ounces queso fresco, crumbled

## Method:

1. Heat oven to 400F.
2. Place the pepper halves cut-side down on a parchment-lined baking pan in a single layer. Place in the oven and bake for 20 minutes.
3. Meanwhile, prepare the filling. Cut the kernels from the ears of corn. Toss in a large bowl with 1 cup of the tomatoes, the rice, 2 tbsp of the cilantro, pine nuts, cream cheese, lime juice, salt, and Monterey Jack cheese.
4. Once the peppers are done baking, remove the pan from the oven and flip over the peppers. Divide the rice mixture evenly among the chile peppers, stuffing them as much as possible. Return to the oven and bake for 7 minutes.

5. Remove the pan from the oven again and sprinkle the queso fresco over the peppers. Bake for 5-10 minutes, or until the cheese is melty and starting to brown. Remove from the oven and divide among 5 plates. Sprinkle with the remaining tomatoes and cilantro before serving.

# WEEK FOUR RECIPES

## Apple Cheddar Grilled Cheese

Prep: 5 minutes

Cook: 5 minutes

Serves: 4

### Ingredients:

butter, at room temperature

8 slices of bread of choice

2 cup shredded cheddar

whole grain mustard, to taste

1 apple, sliced thin

### Method:

1. Heat up a non-stick pan on medium-low heat.
2. Butter one slice of bread and place in the pan butter-side down.
3. Spread on some mustard to taste and top with half of the shredded cheddar and the sliced apple.
4. Add the remaining cheddar on top of the apple slices, making sure to get to the edges.
5. Butter the other slice of bread and place on top of the cheese, butter-side facing out.
6. Cook slowly on medium-low heat until golden brown and toasty. Most of your cheese should be melted when it's time to flip.
7. Carefully flip your sandwich and continue grilling. The second-side grills a bit faster, so turn the heat down to low and keep a close eye on it.
8. When toasty brown and perfect, remove from the pan, and enjoy hot!

# Sweet Potato Taquitos

Prep: 15 minutes

Cook: 20 minutes

Serves: 4

## Ingredients:

3 cup - sweet potato	1/2 teaspoon - salt
1 - cooking spray	8 medium - tortilla, whole wheat
1/2 medium - onion, red	DIP
1/2 cup - cilantro	1 medium - avocado
15 ounce - black beans, canned	1/4 cup - sour cream
1 tablespoon - lime juice	1/2 teaspoon - lime juice
1 teaspoon - cumin, ground	1/4 teaspoon - cumin, ground
1/2 teaspoon - garlic powder	1/8 teaspoon - salt

## Method:

1. Cook and peel sweet potatoes using your preferred method.
2. Preheat oven to 425\* F. Spray a large baking sheet with cooking spray.
3. Finely dice half an onion and roughly chop 1/2 cup of cilantro leaves. Rinse and drain a can of black beans.
4. Combine sweet potato, beans, cilantro, onion, and spices in a bowl. Mash together well.
5. Fill 6-inch tortillas with about 1/3 cup of sweet potato filling. Roll and place seam-side down on baking sheet.
6. Meanwhile, mash together the dipping sauce: avocado, sour cream or Greek yogurt, lime, cumin, and salt.
7. Bake for 20 minutes, flipping halfway through. Serve warm.

# Enchilada Skillet with Eggs

Prep: 10 minutes

Cook: 30 minutes

Yield: 4 servings

## Ingredients:

1 red onion (diced)	2 tablespoons fresh cilantro
1 clove garlic (minced)	1 tablespoon olive oil
1 can (28 oz) Muir Glen Organic Fire Roasted Whole Tomatoes	4 poblano peppers, deseeded and diced
1/2 teaspoon chili powder	4 large eggs
1 teaspoon cumin	Cilantro (for topping)
1/2 teaspoon coriander	Cotija (for topping)
1/2 teaspoon oregano	Avocado (for topping)
1/2 teaspoon smoked paprika	Creamy polenta (for serving)
1/2 teaspoon salt	

## Method:

1. In a blender, combine onion, garlic, tomatoes, cilantro and spices. Pulse 3 to 4 times until blended, but still chunky. Set aside.
2. In a 12 inch skillet, heat 1 tablespoon olive oil over medium high heat. Add peppers and cook until blistered, about 5 to 10 minutes. Reduce heat to medium.
3. Pour blended tomato sauce into skillet. Bring to a simmer. Create a small well in the sauce on the side of the skillet and crack egg into the shallow well. Repeat for each egg.
4. Cover and let eggs cook until whites are set but yolks are still runny, about 10 to 15 minutes depending on heat of the pan. When eggs are done, top with cilantro, cotija and avocado.

5. Serve over creamy polenta.

## Peanut Butter Hummus

Prep: 10 minutes

Cook: 0 minutes (!!)

Serves: 2 cups, about 4 people

### Ingredients:

1 can chickpeas (15-19 oz)

1/3 cup water (warm

4 tablespoons peanut butter

2 tablespoons olive oil

3 tablespoons lemon juice (or lime juice)

1 clove garlic (crushed)

1/4 teaspoon salt

### Method:

1. In a food processor, combine all ingredients and blend to a dip consistency. If it is too thick, add more warm water 1 tablespoon at a time.
2. Serve peanut butter hummus immediately or store in refrigerator for up to 3 days.
3. Serve with fresh celery, carrots, and broccoli. Warm pita or french bread cubes also do well.

## Classic Cheese Lasagna

Prep: 15 minutes

Cook: 45 minutes

Serves: 8

### Ingredients:

1 pound whole-milk ricotta cheese 1  
large egg

1/8 teaspoon freshly grated nutmeg  
3/4 teaspoon coarse salt

Freshly ground pepper 1 pound fresh  
mozzarella

1 box store-bought dried noodles,  
cooked

5 ounces coarsely grated Parmesan  
cheese, (about 1 3/4 cups)

## **Method:**

1. Preheat oven to 375 degrees. Combine ricotta, egg, nutmeg, and salt in a medium bowl. Season with pepper. Coarsely grate 1/2 of the mozzarella, and stir into ricotta mixture. Using your fingers, shred remaining mozzarella into 2-inch strips, and reserve.
2. Spread 1/2 cup marinara in a 9-by-13-inch baking dish. Place a layer of noodles over marinara. Spread 1/3 of the ricotta mixture over noodles, and sprinkle with 1/3 of the Parmesan. Place a layer of noodles over the cheese layer. Spread 1 cup marinara over noodles. Repeat layering (noodles, marinara, noodles, ricotta mixture, Parmesan) 2 more times. Spread remaining marinara over cheese layer, then sprinkle with shredded mozzarella.
3. Place baking dish on a rimmed baking sheet. Bake until cheese is golden brown and sauce is bubbling, 45 to 50 minutes. Let stand for 15 minutes before slicing and serving.

